

Statistics Report 01013, Cheese, cottage, creamed, with fruit

Report Date: September 16, 2015 09:30 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	79.64	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003
Energy	kcal	97	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2006
Energy	kJ	407	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2006
Protein	g	10.69	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003
Total lipid (fat)	g	3.85	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003
Ash	g	1.20	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003
Carbohydrate, by difference	g	4.61	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003
Fiber, total dietary	g	0.2	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003
Sugars, total	g	2.38	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Minerals													
Calcium, Ca	mg	53	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003
Iron, Fe	mg	0.16	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003
Magnesium, Mg	mg	7	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003
Phosphorus, P	mg	113	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003
Potassium, K	mg	90	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003
Sodium, Na	mg	344	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Zinc, Zn	mg	0.33	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003
Copper, Cu	mg	0.040	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003
Manganese, Mn	mg	0.003	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
Selenium, Se	µg	7.7	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003
Fluoride, F ^{1 2 3}	µg	31.6	--	9.411	6.5	81.7	6.0	8.559	54.612	3	Analytical or derived from analytical	--	03/2006
Vitamins													
Vitamin C, total ascorbic acid	mg	1.4	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003
Thiamin	mg	0.033	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003
Riboflavin	mg	0.142	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003
Niacin	mg	0.150	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003
Pantothenic acid	mg	0.181	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
Vitamin B-6	mg	0.068	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003
Folate, total	µg	11	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003
Folic acid	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
Folate, food	µg	11	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
Folate, DFE	µg	11	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Choline, total	mg	17.5	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Vitamin B-12	µg	0.53	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin A, RAE	µg	38	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
Retinol	µg	37	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
Carotene, beta	µg	14	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
Vitamin A, IU	IU	146	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003
Lycopene	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
Vitamin E (alpha-tocopherol)	mg	0.04	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Vitamin K (phylloquinone)	µg	0.4	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
Lipids													
Fatty acids, total saturated	g	2.311	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003
4:0	g	0.123	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003
6:0	g	0.027	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003
8:0	g	0.031	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003
10:0	g	0.070	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003
12:0	g	0.061	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
14:0	g	0.401	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003
16:0	g	1.159	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003
18:0	g	0.438	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003
Fatty acids, total monounsaturated	g	1.036	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003
16:1 undifferentiated	g	0.137	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003
18:1 undifferentiated	g	0.899	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003
20:1	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
Fatty acids, total polyunsaturated	g	0.124	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003
18:2 undifferentiated	g	0.088	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003
18:3 undifferentiated	g	0.037	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003
18:4	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
Cholesterol	mg	13	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003
Amino Acids													
Tryptophan	g	0.118	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
Threonine	g	0.471	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Isoleucine	g	0.624	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
Leucine	g	1.091	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
Lysine	g	0.859	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
Methionine	g	0.320	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
Cystine	g	0.099	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
Phenylalanine	g	0.572	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
Tyrosine	g	0.566	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
Valine	g	0.657	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
Arginine	g	0.485	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
Histidine	g	0.353	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
Alanine	g	0.551	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
Aspartic acid	g	0.719	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
Glutamic acid	g	2.300	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
Glycine	g	0.231	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
Proline	g	1.230	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
Serine	g	0.596	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
Caffeine	mg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
Theobromine	mg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003

Sources of Data

¹*Robert Ophaug Fluoride, Unpublished - Ophaug, Microdiffusion*

²*J.D.B. Featherstone, Carol Shields A Study of Fluoride Intake in New York State Residents, New York State Fluoride Analysis Contract - report date 12/1/1988*

³*Donald Taves Dietary Intake of Fluoride Ashed (total fluoride) v. Unashed (inorganic fluoride) Analysis of Individual Foods, 1983 British Journal of Nutrition 49 pp.295-301*